

CLAIMS

1. A composition for improving blood fluidity, comprising a proanthocyanidin as an active component.

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2. The composition of claim 1, wherein the composition improves blood cell fluidity.

10 3. The composition for improving blood fluidity of claim 1 or 2, further comprising ascorbic acid or a derivative thereof.

15 4. The composition for improving blood fluidity of any one of claims 1 to 3, wherein the proanthocyanidin comprises at least 20 wt% of OPC (oligomeric proanthocyanidin).

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5. A beverage comprising a proanthocyanidin and ascorbic acid or a derivative thereof.

20 6. The beverage of claim 5, wherein the proanthocyanidin and the ascorbic acid or derivative thereof are contained at a weight ratio of 1 : 0.1 to 1:500.

7. The beverage of claim 5 or 6, wherein the proanthocyanidin is contained in the beverage in a concentration of 1 mg/L or more.

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8. The beverage of any one of claims 5 to 7, wherein the beverage is a tea drink.

9. The beverage of any one of claims 5 to 8, wherein the beverage has blood fluidity improvement properties.